



FOUNDATIONS COACHING



WITH JOHN, IS



WHAT WOULD YOU LIKE TO COVER? AND WHAT ARE YOUR CURRENT BUSINESS AIMS, OBJECTIVES, PROJECTS AND GOALS.



ATTITUDE TO GOALS, EXERCISE

ANALYSIS AND WHEEL OF BUSINESS LIFE PRODUCED



VALUES, EXERCISE

HOW WELL ALIGNED ARE YOUR VALUES TO YOUR GOALS?



SELF ESTEEM, EXERCISE

HOW GOOD DO YOU FEEL ABOUT YOURSELF, TODAY?



1-1 COACHING SUPPORT SESSIONS

ACHIEVEMENTS. EMOTIONAL INTELLIGENCE, PRIORITISATION, URGENCY AND IMPORTANCE, DAILY PLANNING



AND THE BUSINESS CYCLE BEGINS AGAIN